

NAC of ADA
Minutes
June 6, 2024

CTO: 5:01 pm

In Attendance: Sue, Lynn, Carol, Beth, Lisa, Diane
Guests: Tom Howey, and Maddie Reynolds from AR

Minutes from last meeting approved

Dr. Howey guest speaker came to the NAC meeting to help us organize Basic Life Support mechanism should someone need first aid at a show or clinic. A recent schooling show helped us to realize the NAC needed to be more organized should someone need Basic Life Support or more assistance.

The Main Points From Dr. Howey

-Pick someone at the show or clinic to be the **In Charge** person. This volunteer will dictate what needs to be done during an accident, for example, making sure 911 is called, designate people to do various first aid jobs, and basically oversee and manage the situation.

-It is recommended that the NAC board members get a current Basic Life Support class, CPR and AED training. A clinic could be scheduled for such a class. Or people could take the class on their own. American Red Cross offers classes

-Dr Howey recommended numerous items for a current first aid kit, that would include such items as wash kits for cleaning wounds, ABD's for stopping bleeding, 4 x 4's, kling wrap, instant ice packs to name a few items.

-The NAC needs to have the **address** of every show or clinic location in easy reach should an ambulance need to be called and it was decided we will put this on the emergency boxes.

-Dr Howey spoke to us that our job at a show or clinic is to offer Basic Life Support. 911 is our best option if someone gets hurt as they are trained in advance life support. It was suggested to look into inviting the EMS to shows. Also it's important to know where your EMS is coming from. We are protected by Good Samaritan laws. Importantly to know, NACADA Vice President, Lynn Trenery, is a former paramedic of 25 years.

Automatic 911 Calls Include

-LOC or Loss of Consciousness is an automatic ambulance ride, no questions asked. Look for signs of combativeness, confusion, pupal dilation, etc

-Vigorous Bleeding-pressure wraps and a 911 call

-Neck Pain-keep person still, do not move them, keep helmet on. Assume neck fx unless otherwise determined

-Any fractures, open fractures automatic emergency

-Seizure-keep items away from person, keep an eye on their breathing, do not hold them

-Confused Mental State-water, hydration

-Heat Stroke-shade, air-conditioning, ice packs

-Chest Pain-AED if available, breathing, CPR if necessary

-It is important to remember that it is **Better** to be on the cautious side of things (calling 911) than to not be cautious enough.

-On our Emergency Box (to be stored near the sign in table) the phone number of all Event Facilities, Prescott animal hospital (PAH) for emergency contact should a horse become injured will be posted on our Emergency Bins. Also, PAH should be made aware the NAC is having a show or clinic on certain dates.

-Tabled until next meeting- additional discussion what's to go into our emergency kit. Also AED and all that's involved with that as it needs further investigation. Possibly lobbying each venue for an AED.

Treasurers Report

-Checking account Balance- \$ 7724.47

-Savings account Balance- \$1000.18

-Michell Clinic Loss \$265 , American Ranch holds \$500 check in case of damages that was torn up after our event. It was noted that the purpose of the NAC was not to make a profit but to provide educational opportunities for riders. Also discussed at next clinic at AR in covered arena to have the dressage arena switched around so "A" is on the north end of the arena, more shade.

Show Managers Report

-5/18 had 34 rides (19 riders)

-We had a significant profit of \$1038.30 HOORAY!!!!

-The CVEP facility worked well for us.... We were made very welcome and everyone was super helpful!!

-For the July 20th and September shows JED's will be providing sandwiches for volunteers.

-A BIG Thank you to Steve and Lisa Darling for the food at Michell's clinic. The pizza was fabulous and the salad so beautiful and delicious!

-It was noted that the show at The Chino Valley Equestrian Center was wonderful because the people who run the center are very welcoming, the footing was great and we can make a profit there.

-Volunteer List to be updated on Google Docs. We can ask for food requests and **Sue** to send again to all of us.

Looking Ahead to Next Year

-Clinic Discussion

Beth attended a symposium in Las Vegas that included Janet Jones who wrote the book "Horse Brain, Human Brain." This might make a clinic that the ADA could set up in Scottsdale/Phoenix.

-Also there is a two day training clinic called LandSafe it's purpose is to train participants to safely fall off their horses. A Prop horse is used and there are pillows and such that are soft to land on when you come off.

New Business

-May Show evaluation-the falls during the show helped us to realize how much we need to get our emergency kit together.

-Smart Pak has an emergency kit for horses that Lisa thought highly of.

-It was put to a vote with the Board Members and unanimously passed that we will buy and resupply our emergency kit for humans and equine. Supplies to be discussed at next meeting.

-Additional items needed for NAC shows and clinics included a **mounting block, and a hand washing station or at a minimum a bottle of sanitizing liquid** after bathroom use.

-Discussion about the chains around the dressage arena being on the ground in some areas and how that was not a professional look and needs to be addressed.

-Our volunteer announcer was not getting names of sponsors correctly and was distracted by visitors. A good idea to discuss the names beforehand.

-End of day exhibitors were late to get their tests sheets as they were packed up and we need to have those available to these participants

as we would the
earlier riders.

